

with follow through of head on 5<sup>th</sup> count.

6) Circle suspension - (three little big steps - hold.)

" " - arms suspended into centre of circle, then out again, arm swinging.

" " - step, step, jump - hold - arch back.

January 25.

Lesson 2.

Warming up.

2<sup>nd</sup> time

Partners join hands.

Swing arms front then back, with easy walking steps -

part company, circle, return & continue.

1) In lines, alt. people bounce, bounce, bounce, stretch, hips well forward.

2) In circle, feet to rt, with pos. hands & finger stretching & shaking. Then arms in @, pull arms apart, then together, shoulders leading.

3) In circle, arm & finger stretching up & down, then alt. arms up & down.

4) In circle, finger & wrist flexion (bounce ball)

5) In circle, arm leading & stretching rt,



- + lt. (this is for you)
- 6) In circle - wrist flexion - (dealing cards)
  - 7) In circle - hand turning in & out, flexion from the knuckles, then larger & larger movement until kneeling on one knee, full arm extension, then standing & swaying.
  - 8) In rows - slide, slide, step, step, step, (spring steps.)
  - 9) Standing - arms at rt. B., palms & thumbs together, elbows out.
  - 10) In rows - combine 8 & 9.
  - 11) In rows - step, step, fall front - step, step, fall back, arms in rhythm, shoulder leads.
  - 12) Judgement of time.

Falling down in 4 up in 6.

"	"	"	2	"	"	10.
"	"	"	10	"	"	2
"	"	"	1	"	"	7
"	"	"	32	"	"	15'
"	"	"	12	"	"	1



January 28.

Lesson 3.

Warming up.

8 times - step, step, step, back.  
Turn each time.

1) Rolling in circle, sitting on heels.  
Arch back.

2) Jumping on spot, arms swinging.

3) Exercise! Str. st. Head + arm rotation.

4) Foot + leg rotation.

5) Arms sidem. trunk twisting, 6 or 8.

6) Hits together " " "

Combination of 3 + 4.

7) Arms sidem, 4 steps in place,  
swinging movement.

8) Complete circles on spot.

9) Jump 2 + 1. 2. foot leads.

10) Step, step, fall, arms following.

11) Step, step, fall, turn, step, step.

12) Slide, slide (side) step, step, step  
(point).

13) Lying pos. on lt. side.  
legs stretched apart.

14) Repeat leap in the air,

farthest stride possible.

15) Judgement of time - different times.

16) Judgement of space - steps of equal steps.

17) Rock back + forth, going forward.



February 1.

Lesson 4

Warming up

4<sup>th</sup> time. Skipping anywhere in the room.  
4 skips - turn (4) repeat.

1) In room

Sustained movement - step, step, step, head.

Percussive movement - repeat same.

2) In room

\* 3. Bounce, bounce, bounce, lift, hips lead.

\* 4. Trunk rotation, l. & r.

- slowly arms stretched sidem.

- quickly arms bent.

5. Leap turns.

6. Leap - feet up behind.

7. Stamp, stomp etc - faster & faster.

8. Cush through crowd.

9. Tension up - relaxation down.

10. Repeat - grook of sin.



February 11.

Lesson 7.

Warming up.

Accenting music.

Up, step, step, step.

Step, up, step, step.

Step, step, up, step.

Step, step, step, up.

Repeat in lines - 3 times & finish with turn.

Continue in opposite direction.

- 1) Str. st. - 3 steps diagonally, arm swinging. Repeat in opposite direction.

Divide in 3 groups

1<sup>st</sup> group start on count 1.

2<sup>nd</sup> group start on count 2.

3<sup>rd</sup> group start on count 3.

- 2) Pride - hands in front, thumbs & fingers touching, elbows bent - 2 slides to rt., then 3 spring steps - arms extended to side. Arms in position just before count 1.

- 3) Rocking.

Forward & back, lt. foot in front.

Rt. foot in front.

- 4) Leaping - step, step, leap.



February 4.

Lesson 5.

Warming up.

4 time. Jump, jump, jump,  
high sidem.

1. Str. sitt. trunk twist. & head bent.  
down, out & in, in semi-O.

2. Prone lying Arms sidem. chest lifting.  
leg " "  
Combine.

3. Back lying. Knees bent. Rest.

4. In knees - step rt, up, twist, turn.  
Repeat with a ~~test~~ fall.  
Repeat with arms, first R,  
then L.

5. Floor pattern - direction & steps, different  
ways, in straight lines, rt.  
arm str. & leading.

Repeat - b. sh. leading, then rt.  
- l. hip " " "  
- in partners.  
- in groups of six.



5) step-turn - lt. going out behind.

6) 4 groups - run, pass, wave & look back.  
- run, look, wave & look back.

February 15

Session 8

1) Dotted  $\frac{4}{4}$  time. Clap out, holding note 1, then 2, then 3, then 4.

Rhythmic sequence.

2) Same as above, only clap on held count.

3) To side with arms - body bending - step, step, down - step, step, down.

4) Arm movement - out in front, across, circle in around head and recover, moving hand across in front of face.

5) Stamp turn.

step onto rt. foot, bent knee, rt. arm goes out & downward, turn, using left arm to help - making a circular motion with it.

6) Composition - pride & dignity.

Group of 6 - moving as one.



February 8.

Lesson 6.

1. Sitting in circle.  
Clapping hands to  $\frac{4}{4}$  time - accenting.  
Running in circle, leap, step, step, step.  
Then leap 2<sup>nd</sup> step, then 3<sup>rd</sup> + 4<sup>th</sup>.
2. Rows of 5 - holding hands doing same in sequence.
3. In threes - on diagonal - 2 steps, rt. + stamp using arms, start rt. ft.  
1<sup>st</sup> person starts on 1<sup>st</sup> count.  
2<sup>nd</sup> " " " 2<sup>nd</sup> " etc
4. Turning on spot - 4 steps to rt. + then lt. - bending knee on 4<sup>th</sup> count. Move arms.
5. Pumps with rebound - legs up behind. rt. + lt.
6. Rt. foot out - with stamp lifting lt. leg with jerk behind. Turn, repeat lt.
7. Feet apart - int. on rt. foot. Arm out to side palm down - swing hand across in front, then up + over + round head - then across face + out. Repeat faster.
8. Leaps - Move forward rocking forward + back on alt. ft. Then Run, run, leap.
9. Relax - hd. down, sway rt. + lt. + relax. 365



February 18.

Lesson 9.

- 1) In rows - stamp turn.
- 2) Stretch up & down (relax)
- 3) Walking through water - hips lead.  
steps light & springy.
- 4) Clapping - one  $\frac{1}{2}$  note, four  $\frac{1}{8}$  notes,  
four  $\frac{1}{4}$  notes.  
Stamping to same rhythm.  
In rows, one row starting with  
 $\frac{1}{2}$  note, next row starting with  
 $\frac{1}{4}$  note.
- 5) Improvising in partners to above  
rhythm.
6. In groups improvising pride.





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